

I'd like to make a  
lifestyle  
change.....

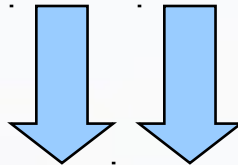
*how do I know if I am  
ready??*



# Precontemplation Stage

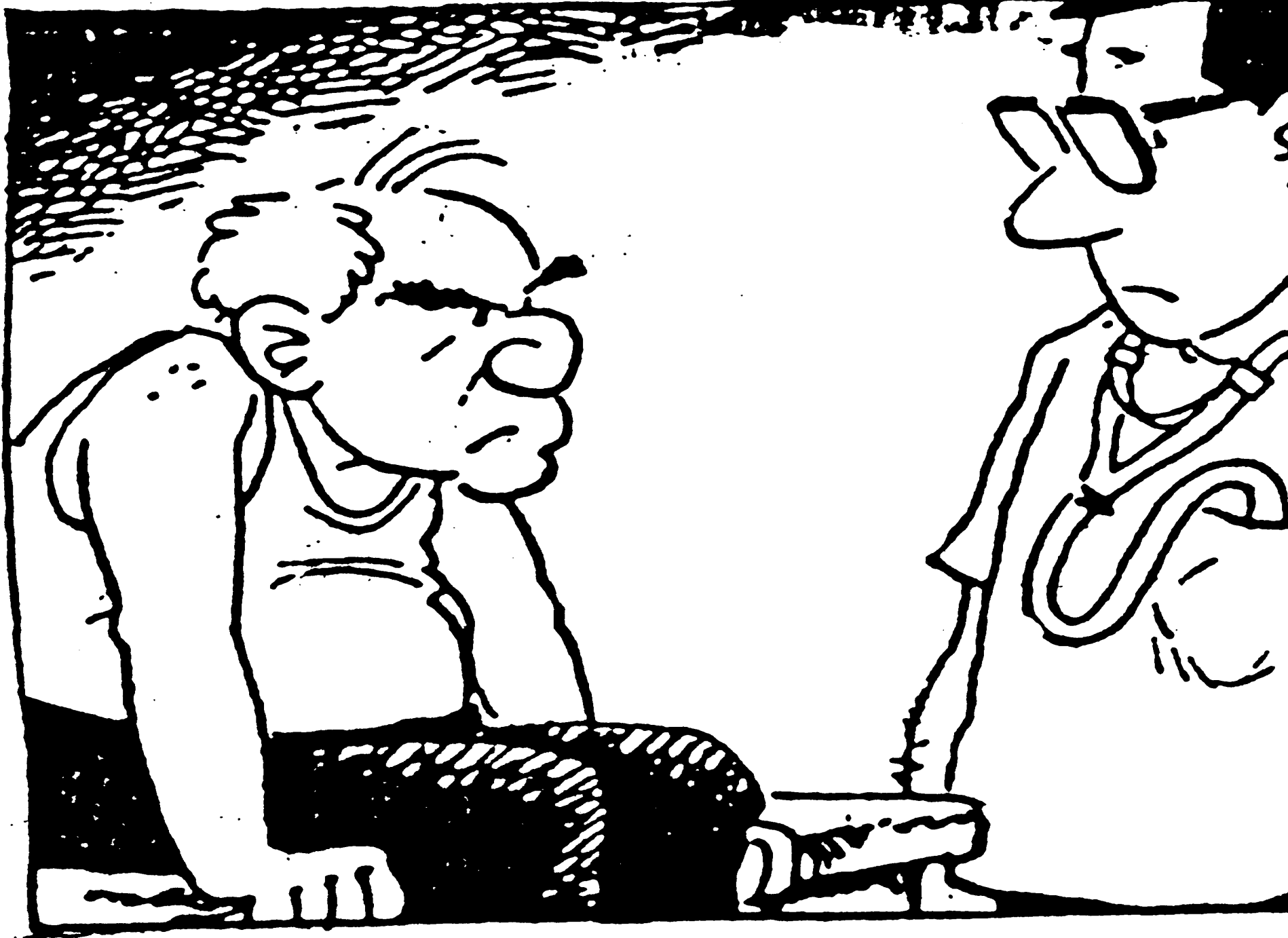
## Not Intending to Change

- Doesn't believe behavior has negative consequences
- May be resistant to change
- Cons >> Pros
- Self-confidence



# CRANKSHAFT






# By Tom Batluk and Chuck Ayers



# Contemplation Stage

## Intending to Change

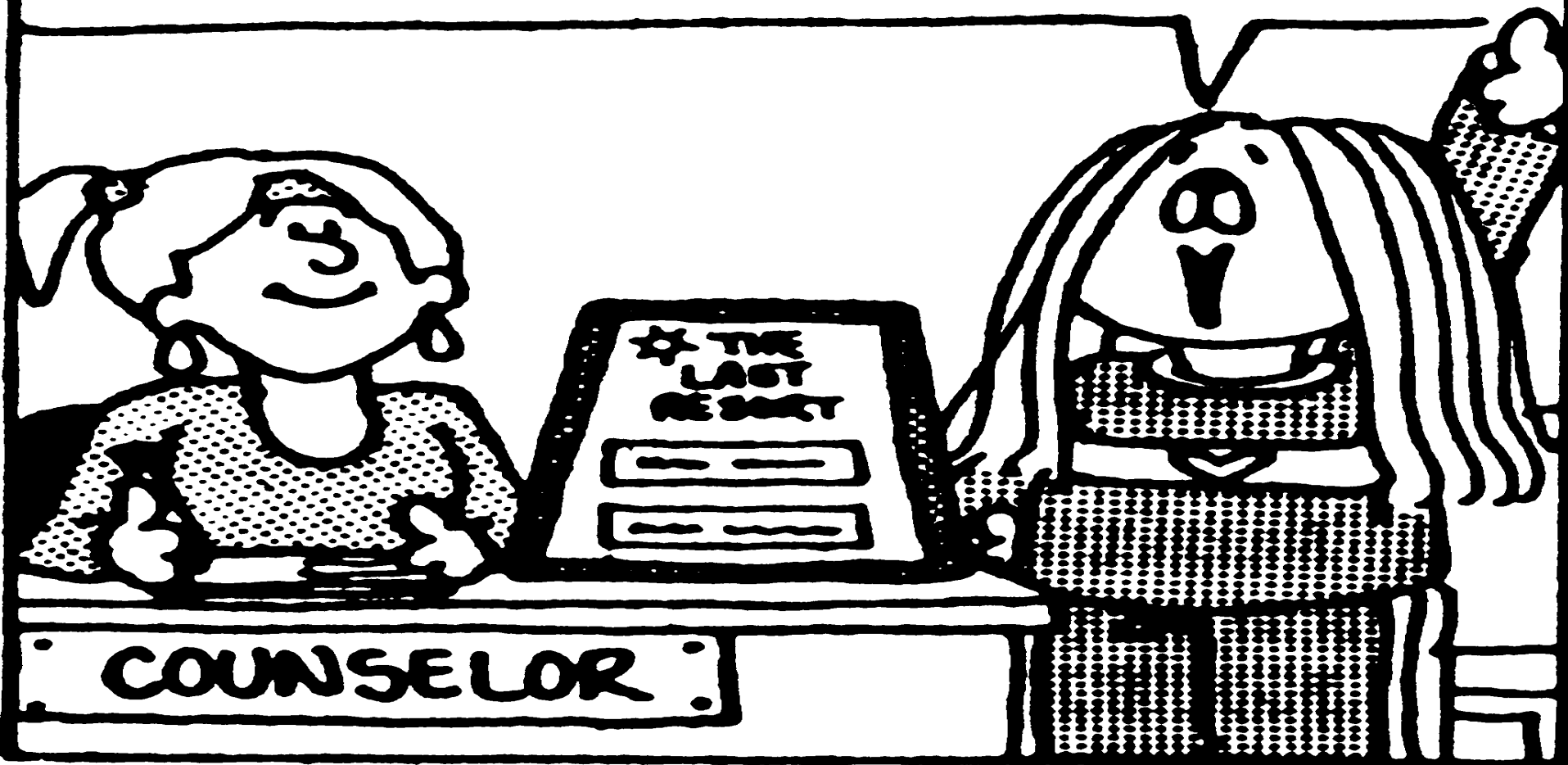
- Knows the negative consequences
- Doesn't know how to get started
- Cons > Pros
- Externally motivated
- Self-confidence

# CATHY

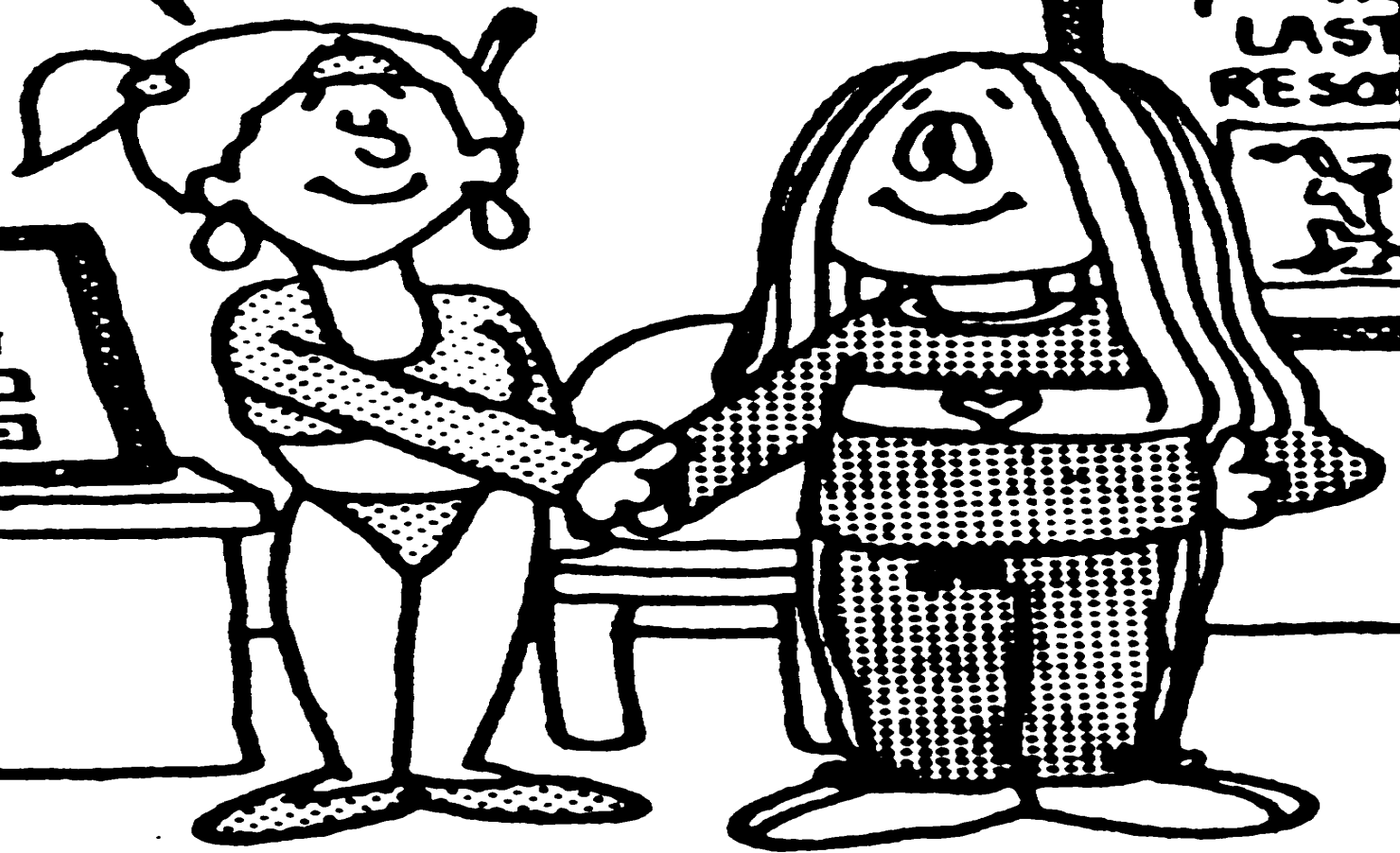
AT "THE LAST RESORT" WE OFFER TWO PROGRAMS: THE "TORTURE SYSTEM", WHERE EVERY MOMENT IS DICTATED BY US...OR THE "HONOR SYSTEM", WHERE YOU APPLY YOUR OWN KEEN SENSE OF DISCIPLINE.



**NO FREE CHOICES. NO OPTIONS.  
I WANT THE MOST GRUEL-  
ING FITNESS PROGRAM  
YOU CAN DRAG ONE BODY  
THROUGH IN SEVEN DAYS!!**



**BRAVO. YOU'RE OFF TO A  
GREAT START, CATHY.**

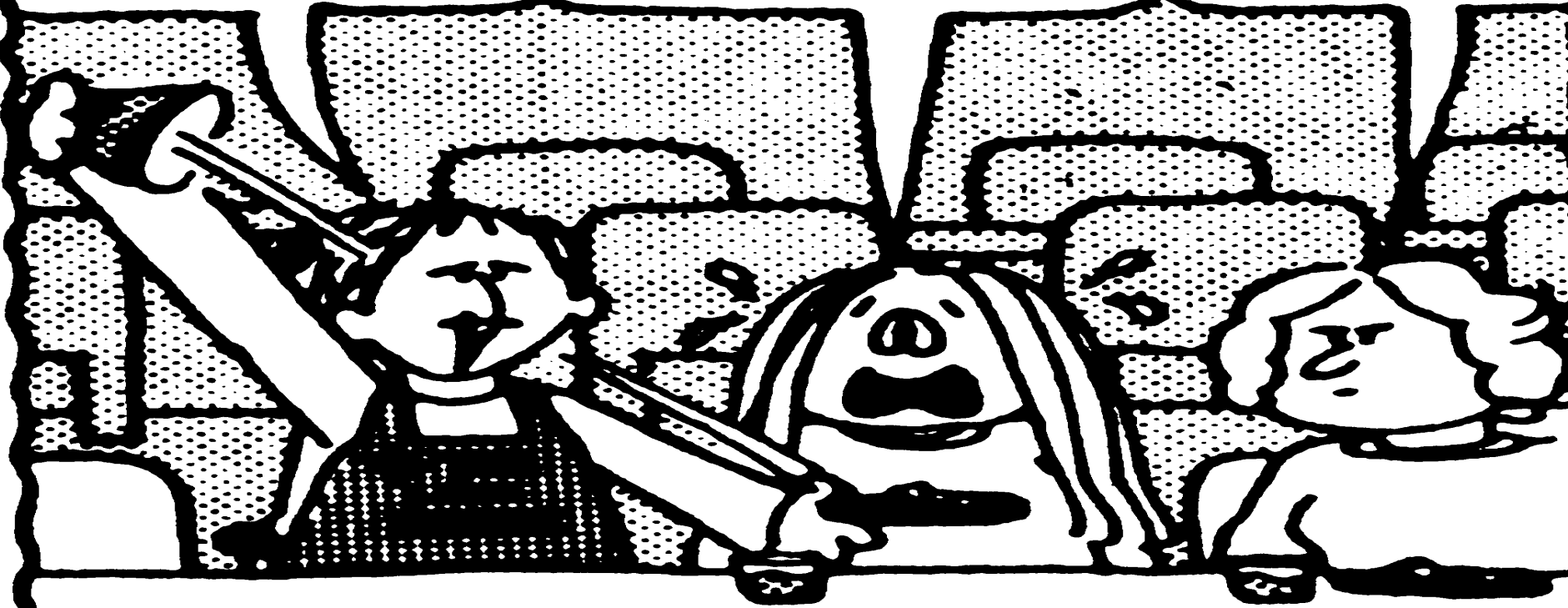


# Cathy Guisewite

YOUR  
FIRST  
DINNER,  
MA'AM.

I WANT  
THE  
HONOR  
SYSTEM!

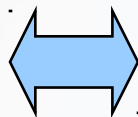
SHE GOT  
MORE  
THAN  
I GOT.



# Preparation Stage

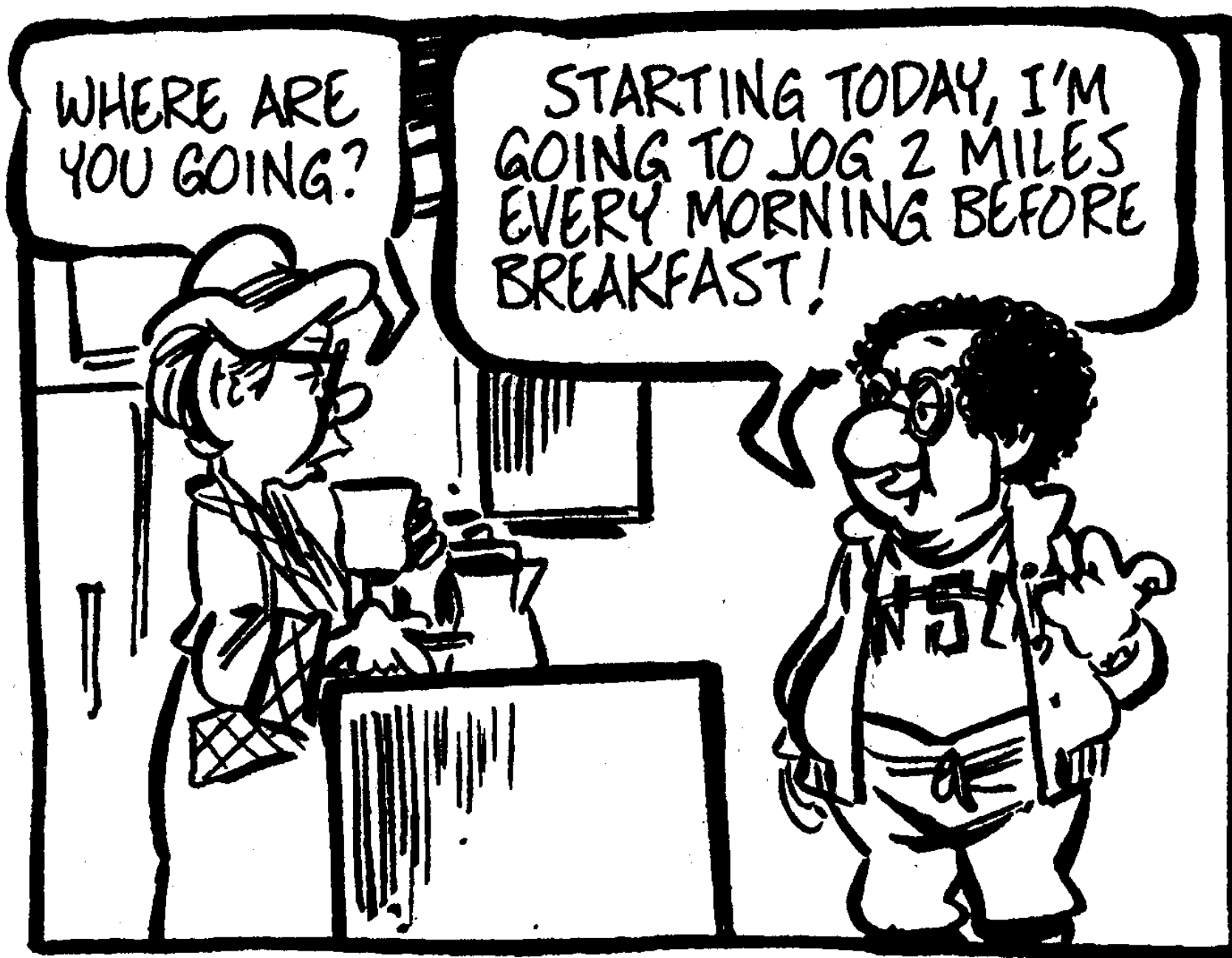
## Making small/inconsistent changes

- Know a little about how to get started
- Don't know how to stay with it; need a plan
- Cons = Pros
- Externally motivated
- Typically the people who participate in “action” programs
- Self-confidence



WHERE ARE  
YOU GOING?

STARTING TODAY, I'M  
GOING TO JOG 2 MILES  
EVERY MORNING BEFORE  
BREAKFAST!



BUT IT'S POURING  
RAIN OUTSIDE!

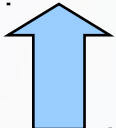


THANK GOODNESS!



# Action Stage

Doing the behavior regularly, but for < 6 months

- Greatest risk for relapse
- Most use of the processes of change
- Cons < Pros
- Externally (and internally) motivated
- Most likely to participate in “action” programs
- Self-confidence 

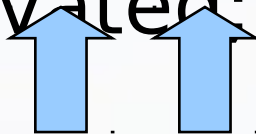


Aerobics in hell

# Maintenance Stage

## Sustaining the change

- Continue to do the behavior no matter what
- The processes of change are now skills
- Cons < < Pros
- Internally motivated: part of value system
- Self-confidence





# Which Stage Are You In?

# Resources

# Stay tuned for next week

- Body composition
  - Understanding the relationship between body fat and body composition

